



Campbell's

Healthy Eating



HEALTHY RECIPES MADE EASY

Featuring Campbell's® Half Fat¹ and
25% Less Sodium² Soups and Broths

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Smart and Sensible Eating with *Campbell's*

Healthy Eating with Campbell's

Introducing the Campbell's Healthy Eating cookbook! Since everyone is looking for easy and delicious ways to eat healthier, we've developed this cookbook with that in mind.

Inside you will find twelve delicious recipes, using Campbell's Half Fat[†] and 25% Less Sodium^{††} Soups and Broths. Every dish featured has less than 30% of calories from fat, one of the Nutrition Recommendations for Canadians!

Nutrition information is highlighted for each recipe. And, since eating a variety of foods is important to a healthy diet, we've also included food group information from **Canada's Food Guide to Healthy Eating**. If you see any of the below symbols on a page, this means there are one or more servings of that food group per serving!

The number of servings you need every day from the four food groups and other foods depends on your age, body size, activity level, whether you are male or female, and if you are pregnant or breast-feeding.

Food Group	Symbol	Recommended Servings per Day *	What's a Serving?*
Grain Products		5-8	1 slice (toast), 1/2 bagel or pita, 1/2 cup (125 ml) rice or pasta
Vegetables & Fruit		5-10	1 medium vegetable or fruit, 1 cup (250 ml) salad, 1/2 cup (125 ml) juice
Meat & Alternatives		2-3	50-100 g meat, poultry or fish, 1-2 eggs, 1/2 cup (100 g) tofu, 2 tbsp (30 ml) peanut butter
Milk Products		2-4	1 cup (250 ml) milk, 2 slices (50 g) cheese, 3/4 cup (175 g) yogurt

What is Healthy Eating?

It's easy to make more healthy and balanced meal choices every day, especially if you follow **Canada's Food Guide to Healthy Eating**. The Food Guide* encourages you to:

- Enjoy a variety of foods from each food group
- Choose lower-fat and leaner foods more often
- Choose whole grain and enriched products more often
- Enjoy dark green and orange vegetables and fruit more often
- Participate in regular physical activity

Visit the Health & Nutrition Centre of www.campbellsoup.ca/healthy for more information on smart and sensible eating!

[†]10% less fat than our regular soup. ^{††}25% less sodium than the regular condensed variety.

*Source: *Canada's Food Guide to Healthy Eating*, Health Canada, 1997. <http://www.hc-sc.gc.ca/food/nutrition/pubs/foodguide/index.html>

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Garden Chicken Stir Fry



1 lb	boneless, skinless chicken breasts, cut in strips	500 g
3 cups	fresh (not up) or frozen vegetable mixture, thawed	750 mL
1 can*	(10 oz/284 mL) CAMPBELL'S® Condensed 25% Less Sodium Chicken Broth	1 can
1 tbsp	soy sauce	15 mL
2 tbsp	cornstarch	25 mL
1 tsp	garlic powder	5 mL
1/2 tsp	ground ginger	2 mL
4 cups	hot cooked rice noodles	1 L

Prep/Cook Time: 30 minutes

HEAT large, non-stick skillet; lightly coated with vegetable oil/cooking spray over medium-high heat. Add chicken and cook until browned on all sides. Set chicken aside. Add and stir fry vegetables until tender-crisp. Reduce heat to medium.




ADD mixture of broth, soy sauce, cornstarch, garlic and ginger powder to skillet. Heat to a boil, stirring often. Return chicken to skillet. Reduce heat to low.

SIMMER covered, until chicken is cooked through – about 10 minutes. Serve over noodles. Serves 4.

*For each can (10 oz/284 mL) of CAMPBELL'S® Condensed Chicken Broth, you can substitute 1 1/4 cups (300 mL) CAMPBELL'S® Ready-to-Use Broth.



Nutrition Corner

Per Serving	Calories 361	Calories from Fat (%) 7	Fat(g) 2.8	Sat Fat(g) 0.6
	Protein(g) 30	Carbohydrate(g) 54	Dietary Fiber(g) 2.7	Sodium(mg) 915
Food Group Servings	% OF RECOMMENDED DAILY INTAKE			
	Vitamin A 29%	Vitamin C 21%	Calcium 3%	Iron 10%
Healthy Tip	 2	 1 1/2	 1	
	Hitzcoats a packet vegetables are easily destroyed by exposure to heat, light, and air. Minimize nutrient loss by storing vegetables (except potatoes, onions and tomatoes) in your crisper drawer in specially designed bags that have holes to let moisture escape.			

One Dish Chicken & Rice Dinner



1 can	(10 oz/284 mL) CAMPBELL'S® Condensed Half Fat Cream of Celery Soup	1 can
1 1/4 cups	boiling water	300 mL
3/4 cup	uncooked long grain white rice	175 mL
2 cups	fresh (cut-up, cooked) or frozen vegetable mixture, thawed	500 mL
1 tsp	dried basil leaves	5 mL
1/8 tsp	ground black pepper	0.5 mL
4	boneless, skinless chicken breast halves (about 1 lb/500 g)	4

Prep/Cook Time: 1 hour

MIX soup, boiling water, rice, vegetables, basil and pepper in large bowl. Pour into 13 x 9 x 2" (34 x 22 x 4 cm) baking pan.




TOP with chicken, pressing lightly in to soup mixture.

BAKE covered, in preheated 375°F (190°C) oven until rice and chicken are cooked through – about 45 minutes. To serve, sprinkle chicken with paprika, if desired.

Serves 4



Nutrition Corner

Per Serving	Calories: 305	Calories from Fat (%): 12	Fat(g): 4.1	Sat. Fat(g): 0.9
	Protein(g): 31	Carbohydrate(g): 36	Dietary Fiber(g): 1.4	Sodium(mg): 990
Food Group Servings	% OF RECOMMENDED DAILY INTAKE			
	Vitamin A: 22%	Vitamin C: 17%	Calcium: 6%	Iron: 10%
Healthy Tip	 1/2	 1	 1	
	About 23 of the fat of a chicken breast is in the skin! A roasted skinless chicken breast (100 g) has only about 2.1 g of fat.			

Chicken Broccoli Pitas



1 can	(10 oz/284 mL) CAMPBELL'S® Condensed Half Fat Cream of Chicken Soup	1 can
1/4 cup	water	60 mL
1 tbsp	lemon juice	15 mL
1/4 tsp	garlic powder or 2 cloves garlic, minced	1 mL
1/8 tsp	ground black pepper	0.5 mL
1 1/2 cups	cooked broccoli florets	375 mL
2 cups	cubed, cooked chicken	600 mL
2	pita breads (6 7/8"/15 cm), cut in half	2
1	medium carrot, shredded	1

Prep/Cook Time: 20 minutes




HEAT mixture of soup, water, lemon juice, garlic, pepper, broccoli and chicken in microwave, stirring often.

SPOON mixture into pita pockets and sprinkle each with shredded carrot.

Serves 4.



Nutrition Corner

Per Serving	Calories: 277	Calories from Fat (Fat %): 23	Fat (g): 7.2	Sat. Fat (g): 1.9
	Protein (g): 25	Carbohydrate (g): 28	Dietary Fiber (g): 2.4	Sodium (mg): 790
Food Group Servings	% OF RECOMMENDED DAILY INTAKE			
	Vitamin A: 52%	Vitamin C: 68%	Calcium: 7%	Iron: 16%
Healthy Tip	 1	 1	 1	
	Three spears of broccoli provide over 100% of the Recommended Daily Intake of vitamin C!			

Savoury Lemon Chicken



4	boneless, skinless chicken breast halves (about 1 lb/500 g)	4
1 can	(10 oz/284 mL) CAMPBELL'S® Condensed Half Fat Cream of Chicken Soup	1 can
2 tbsp	water	25 mL
1 tbsp	chopped fresh parsley or 1 tsp (5 mL) dried parsley flakes	15 mL
1 tbsp	lemon juice	15 mL
1/2 tsp	paprika	2 mL
1/4 cup	chopped red or green pepper	50 mL
4	lemon slices	4
4 cups	hot cooked rice	1 L

Prep/Cook Time: 25 minutes

HEAT large non-stick skillet; lightly coated with vegetable oil cooking spray over medium-high heat. Add chicken and cook until browned on both sides. Set chicken aside. Reduce heat to medium.

ADD soup, water, parsley, lemon juice, paprika and pepper to skillet. Heat to a boil, stirring often. Return chicken to skillet; reduce heat to low.

SIMMER covered, until chicken is cooked through – about 5 minutes. Serve over rice and garnish with lemon slices.

Serves 4.



Nutrition Corner

Per Serving	Calories 462	Calories from Fat 111	Total Fat 11g	Sat Fat 4g
	Protein 39g	Carbohydrate 64g	Dietary Fiber 1.2g	Sodium 620mg
% OF RECOMMENDED DAILY INTAKE				
	Vitamin A 6%	Vitamin C 15%	Calcium 5%	Iron 11%
Food Group Servings		 2	 1	
Healthy Tip				
It makes little difference to the fat content if the skin on a chicken is removed before or after cooking. Cooking chicken with the skin on may result in more moist and tender meat.				

Beef & Mushroom Skillet



1 lb	boneless beef sirloin or inside round steak, cut in strips	500 g
2 cups	sliced mushrooms	500 mL
1	medium onion, sliced or cut in chunks	1
1 can	(10 oz/284 mL) CAMPBELL'S® Condensed Half Fat or 25% Less Sodium Cream of Mushroom Soup	1 can
1/2 cup	water	125 mL
2 tbsp	Dijon-style mustard	25 mL
4 cups	hot cooked rice	1 L

Prep/Cook Time: 25 minutes

HEAT large non-stick skillet; lightly coated with vegetable oil cooking spray over medium-high heat. Add beef and brown until cooked through. Set beef aside. Reduce heat to medium.

ADD additional cooking spray. Add mushrooms and onion and stir fry until tender.

STIR in mixture of soup, water and mustard. Heat to a boil. Return beef to skillet and heat through. Serve with rice.

Serves 4.



Nutrition Corner



Per Serving Prepared with Half Fat Soup	Calories 494	Calories from Fat (%) 18	Total Fat (g) 10	Sat Fat (g) 23
	Protein (g) 34	Carbohydrate (g) 67	Dietary Fiber (g) 2	Sodium (mg) 511
% OF RECOMMENDED DAILY INTAKE				
Vitamin A 0%	Vitamin C 3%	Calcium 5%	Iron 24%	
Food Group Servings	2	1	1	
Healthy Tip				
All cuts of beef when trimmed of visible fat except for short ribs are less than 10% fat!				

Sweet & Sour Chicken



1 lb	boneless, skinless chicken breasts, cut in chunks	500 g
1 can	(10 oz/284 mL) CAMPBELL'S® Condensed 25% Less Sodium Chicken Broth	1 can
3 tbsp	cornstarch	45 mL
1/4 cup	sugar	50 mL
1/4 cup	vinegar	50 mL
1 can	(8 oz/227 mL) pineapple pieces in juice, undrained	1 can
1	medium red and/or green pepper, cut in strips	1
4 cups	hot cooked rice	1 L

Prep/Cook Time: 25 minutes

HEAT large, non-stick skillet; lightly coated with vegetable oil cooking spray over medium-high heat. Add chicken and cook until browned on all sides. Reduce heat to medium.




ADD mixture of broth, cornstarch, sugar, and vinegar. Stir in pineapple, pineapple juice and pepper strips. Heat to a boil, stirring often. Reduce heat to low.

SIMMER covered, until chicken is cooked through – about 5 minutes. Serve with rice.

Serves 4.



Nutrition Corner

Per Serving	Calories 511	Calories from Fat 145	Fat 1g	Sat Fat 1g
	Protein 33g	Carbohydrate 35g	Dietary Fiber 1g	Sodium 140mg
Food Group Servings	% OF RECOMMENDED DAILY INTAKE			
	Vitamin A 25%	Vitamin C 43%	Calcium 4%	Iron 9%
Healthy Tip	 2	 1/2	 1	
	Red bell peppers contain twice as much vitamin A than green peppers and have twice as much vitamin C! Add a 2nd medium pepper to this recipe to get a full serving of vegetables per serving!			

Beef Teriyaki Stir Fry



1 lb	boneless beef sirloin grilling steak*, cut in thin strips	500 g
1 can	(10 oz/284 mL) CAMPBELL'S® Condensed 25% Less Sodium Beef Broth	1 can
2 tbsp	cornstarch	30 mL
1 tbsp	soya sauce	15 mL
1 tbsp	packed brown sugar	15 mL
1/4 tsp	garlic powder	1 mL
3 cups	fresh (or frozen) cut-up vegetables	750 mL
4 cups	hot cooked rice	1 L

*or use people's soup stock and increase soy sauce here

Prep/Cook Time: 30 minutes

HEAT large, non-stick skillet; lightly coated with vegetable oil/cooking spray over medium-high heat. Cook beef 10 minutes or until browned. Set beef aside.




STIR in 1/4 cup of broth, cornstarch, soya sauce, brown sugar and garlic powder. Heat to a boil, stirring often. Return beef to skillet. Reduce heat; simmer 5 minutes. Stir in broccoli.

SIMMER covered, until beef and broccoli are cooked through – about 5 minutes, stirring occasionally. Serve over rice.

Serves 4



Nutrition Corner

Per Serving	Calories 454	Calories from Fat (%) 11	Fat(g) 5.6	Sat. Fat(g) 1.8
	Protein(g) 32	Carbohydrate(g) 69	Dietary Fibre(g) 2.4	Sodium(mg) 782
% OF RECOMMENDED DAILY INTAKE				
	Vitamin A 9%	Vitamin C 97%	Calcium 6%	Iron 28%
Food Group Servings	 2	 1 1/2	 1	
Healthy Tip				
Canada's Food Guide to Healthy Eating recommends 2-3 servings of Meat and Alternatives every day. A 35g serving of cooked lean beef is about the same size as a deck of cards or a computer mouse.				

Polynesian Pork Chops



4	boneless pork chops (about 1 lb/500 g) 3/4" (2 cm) thick	4
1	medium onion, chopped	1
1 can	(10 oz/284 mL) CAMPBELL'S® Condensed Half Fat Cream of Celery Soup	1 can
1 can	(8 oz/227 mL) pineapple pieces, drained	1 can
1 tbsp	soya sauce	16 mL
1 tbsp	honey	16 mL
1 tsp	garlic powder	6 mL
4 cups	hot cooked rice	1 L

Prep/Cook Time: 25 minutes

HEAT large, non-stick skillet, lightly coated with vegetable oil/cooking spray over medium-high heat. Add pork chops and cook until browned. Reduce heat to medium. Add onion and cook until tender.




ADD mixture of soup, pineapple, soya sauce, honey and garlic powder to skillet. Heat to a boil, stirring often. Reduce heat to low.

SIMMER covered, until pork chops are tender – about 15 minutes, stirring occasionally. Serve with rice and garnish with green onion, if desired.

Serves 4



Nutrition Corner

Per Serving	Calories 536	Calories from Fat (%) 20	Fat(g) 12	Sat. Fat(g) 3.5
	Protein(g) 31	Carbohydrate(g) 76	Dietary Fiber(g) 2.1	Sodium(mg) 862
% OF RECOMMENDED DAILY INTAKE				
	Vitamin A 3%	Vitamin C 8%	Calcium 8%	Iron 14%
Food Group Servings	 2	 1/2	 1	
Healthy Tip	All cuts of trimmed pork, except ribs are lean! Most pork fat is visible to the eye, making it easy to remove.			

Chicken Vegetable Skillet



4	boneless, skinless chicken breast halves (about 1 lb/500 g)	4
1 can	(10 oz/284 mL) CAMPBELL'S® Condensed Half Fat Cream of Broccoli Soup	1 can
1/2 cup	low fat (2%) milk	125 mL
1/4 tsp	dried thyme leaves, crushed	1 mL
1/8 tsp	ground black pepper	0.5 mL
1 pkg	(500 g or 4 cups/1 L) frozen (or fresh cut up) vegetables	1 pkg
4 cups	hot cooked pasta	1 L

Prep/Cook Time: 25 minutes

HEAT large non-stick skillet, lightly coated with vegetable oil cooking spray over medium-high heat. Add chicken and cook until browned on both sides. Set chicken aside. Reduce heat to medium.

ADD soup, milk, thyme and pepper to skillet. Heat to a boil, stirring often. Return chicken to skillet. Add vegetables; reduce heat to low.

SIMMER covered, until chicken is cooked through – about 5 minutes. Serve over pasta.

Serves 4



Nutrition Corner

Per Serving	Calories 44*		Calories from Fat 12*	Fat 1g	5%	Sat. Fat 1g	2%
	Protein 1g		4%	Carbohydrate 1g	2%	Dietary Fibre 1g	2%
	% OF RECOMMENDED DAILY INTAKE						
	Vitamin A 77%		Vitamin C 50%		Calcium 10%		Iron 20%
Food Group Servings		2		2		1	
	Try this recipe with brown rice or enriched pasta for a change! Canadian Food Guide to Healthy Eating recommends choosing whole grain and enriched products more often.						
Healthy Tip							

Tomato Beef Stew



1 lb	boneless beef sirloin grilling steak*, cut in 1/2" (1 cm) cubes	500 g
1 can	(10 oz/284 mL) CAMPBELL'S® Condensed 25% Sodium Tomato Soup	1 can
1 can	(10 oz/284 mL) CAMPBELL'S® Condensed 25% less Sodium Beef Broth	1 can
1 tbsp	Worcestershire sauce	15 mL
1 cup	each, sliced celery and chopped onion	250 mL
1/2 cup	sliced carrot	125 mL
1	medium potato, diced	1

* or use powder instead of steak and increase cooking time by 15 minutes.

Prep/Cook Time: 45 minutes

HEAT large, heavy-bottomed soup pot; lightly coated with vegetable oil cooking spray over medium-high heat. Cook beef cubes until browned on all sides, stirring often.

ADD broth, beef, Worcestershire sauce and vegetables. Heat to a boil. Reduce heat to low.

SIMMER covered, until beef and vegetables are tender — about 30 minutes, stirring occasionally.

Serves 4



Nutrition Corner

Per Serving	Calories 259	Calories from Fat 14	Fat 5.2	Sat Fat 1.7
	Protein 28	Carbohydrate 25	Dietary Fiber 0.9	Sodium 632
	% OF RECOMMENDED DAILY INTAKE			
	Vitamin A 58%	Vitamin C 45%	Calcium 5%	Iron 24%
Food Group Servings	 1	 1		
	Healthy Tip			
Did you know that the bright orange color of carrots tells you that they are an excellent source of Vitamin A?				

Campbell's Broth Adds Flavour Without The Fat!

Cook with Campbell's Broth instead
of butter and oil for delicious flavour
without the fat!

Skinny Mashed Potatoes

Boil potatoes until tender in
CAMPBELL'S® Chicken Broth.

Drain, reserving some broth to
mash with potatoes instead of
using milk and butter.

Mushroom Rice

Cook your rice in CAMPBELL'S®
Chicken or Beef Broth and skip the
butter and salt. Stir fry fresh sliced
mushrooms and add to simmering rice
at the end of cook time.

Slim & Savoury Vegetables

Add flavour to your
vegetables without
adding butter. Simmer
in CAMPBELL'S® Chicken
Broth until tender-crisp.
Drain before serving.

SAVE 75¢

when you purchase any
2 (TWO) CANS
of CAMPBELL'S®
Broth (284 mL)



To the dealer: Upon receipt of this coupon
toward the purchase of the specified product,
we will reimburse you the face value of this
coupon plus regular handling.

Applications for redemption are
on either side of this coupon
in equal and will, at our option,
also require presentation.

Applications for
redemption will be accepted from
participants only.

Mail to: Campbell Soup
Company, Ltd., Box 20000, Hotel
Detroit, Detroit, MI 48240.

EXPIRY DATE:
August 31, 2003

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Try CAMPBELL'S® Half Fat[†] Soups!



Same great taste
as the Regular varieties but
with less fat!



Try substituting any
CAMPBELL'S® Half Fat Soup in
many of your favourite
recipes.



SAVE 75¢

when you purchase any

2 (TWO) CANS

of CAMPBELL'S®

HALF FAT[†] SOUP (24 mL)



To the dealer: Upon receipt of this coupon toward the purchase of the specified product, we will reimburse you the face value of the coupon plus regular handling. Application for redemption on any other basis may constitute fraud and will, at our option, void coupon presented.

Applications for reimbursement accepted from principal only.

Mail to: Campbell Soup Company Ltd, Box 3000, Milledale, N.B., E2L 4L3.

EXPIRY DATE:
August 31, 2003

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Campbell's Creamy Rice

HEAT to a boil 1 can (10 oz/284 mL) CAMPBELL'S® Condensed Half Fat Cream of Mushroom Soup mixed with 2 cups (500 mL) water, stirring occasionally. Stir in 1 cup (250 mL) uncooked long grain white rice.

SIMMER covered, until rice is tender - about 25 minutes, stirring occasionally. Serves 4.

Combine this dish by adding your favourite ingredients like finely chopped vegetables, or sliced toasted almonds!



Nutrition Corner

Per Serving

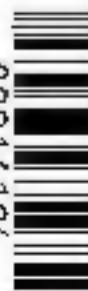
Calories 200	Calories from Fat [†] 10	Total Ig [†] 2.2	Sat. Fat Ig [†] 0.6
Protein Ig [†] 5	Carbohydrate Ig [†] 42	Dietary Fibre Ig [†] 0.7	Sodium Ig [†] 523
% OF RECOMMENDED DAILY INTAKE			
Vitamin A 0%	Vitamin C 0%	Calcium 3%	Iron 3%

Food Group Servings



1

50% less fat than our regular soups.



00916194

TRY NEW!

Campbell's **CHUNKY CHILI**

Convenient,
great-tasting,
nutritious!



Chunky® Chili Sloppy Joes

HEAT 1 can (425 g) CAMPBELL'S®
CHUNKY® Beef Chili until piping hot
and divide over 2 toasted hamburger
buns.

TOP each bun with 1 tbsp (15 mL) shredded
low-fat cheddar cheese. If desired, try
serving with additional toppings such as
onions or jalapeño peppers.



Serves 2.

Also delicious made with CAMPBELL'S®
CHUNKY® Homestyle or Hot & Spicy
Chili.

**Did you know Campbell's®
Chunky® Chili provides a very
high source of dietary fibre?**



Nutrition Corner

Per Serving	Calories 390	Calories from Fat % 22	Fat(g) 9 g	Sat Fat(g) 3.7
	Protein(g) 23	Carbohydrate(g) 53	Dietary Fibre(g) 8.2	Sodium(mg) 1225
Food Group Servings	% OF RECOMMENDED DAILY INTAKE			
	Vitamin A 5%	Vitamin C 10%	Calcium 20%	Iron 35%
 2	 1	 1		

Check out the **NEW**
www.campbellsoup.ca/healthy 
 website for more information on
 healthy eating!



Nutrition information for any
 Campbell's Soup



Test your health and nutrition knowledge with
 our nutrition quiz, and learn some interesting
 new facts



Insightful articles to help you maintain a healthy
 lifestyle



Glossary of commonly used health and nutrition
 terms and phrases

PLUS over 200 easy and delicious
 Campbell's Soup recipes online!